



SCHWINN FITNESS

Schwinn® MPower™ Echelon Console + Power



Owner's Manual



English

Introduction

Welcome to the new Schwinn MPower Echelon Console! Your new console will add measurement to your Schwinn bike, giving you more training options than ever before.

Key features of the MPower Echelon system:

Ease of Use

Push any button to activate console and start pedaling

Options in Workout

Access AVG/MAX values at any time during workout

Activate optional “gear” display for visual cue of resistance level

Reliability

"Plug and Play" design eliminates wireless communication issues common to modern fitness environments

Readability

Large, easy to read characters laid out in a way designed for how you train

Connectivity

Save workout data wirelessly via ANT+, or with data output thru USB

Easy Set-up

Simply plug the components of the system together, and you are ready to ride

Long Battery Life

System uses 2 C cell batteries, which will last up to 9 months*

Batteries are located in one, easy to access location for simple replacement

* Depends upon usage time and features utilized, for example extensive backlight use will reduce battery life

Specifications

MPower Echelon Console

Length	7.1" (18 cm)
Width	3" (7.7 cm)
Thickness	1.9" (4.8 cm)
Weight (console w/sensor)	2.0 lb (0.9 kg)
Shipping Weight	2.8 lb (1.3 kg)

Speed Sensor

Length	3.3" (8.3 cm)
Width	2.5" (6.4 cm)
Thickness	1.5" (3.7 cm)

Power Sensor

Length	5.2" (13.3 cm)
Width	1.8" (4.5 cm)
Thickness	1.2" (3 cm)
Weight	0.17 lb (0.08 kg)
Shipping Weight	0.22 lb (0.1 kg)

Power Requirements

Echelon Console	(2) C Batteries (LR14)
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DO NOT dispose of this product as refuse. This product is to be recycled. For information on the proper method of disposal, contact a StairMaster Customer Service Representative. Contact information is available in the Contacts section in this manual.

For additional information please visit:

www.stairmaster.com

Patent Information: This product may be covered by US and Foreign Patents and Patents Pending.

Important Safety Instructions



Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:



Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference.

Read and understand all warnings on this machine. If at any time the warning stickers become loose, unreadable or dislodged, contact Customer Service for replacement stickers.

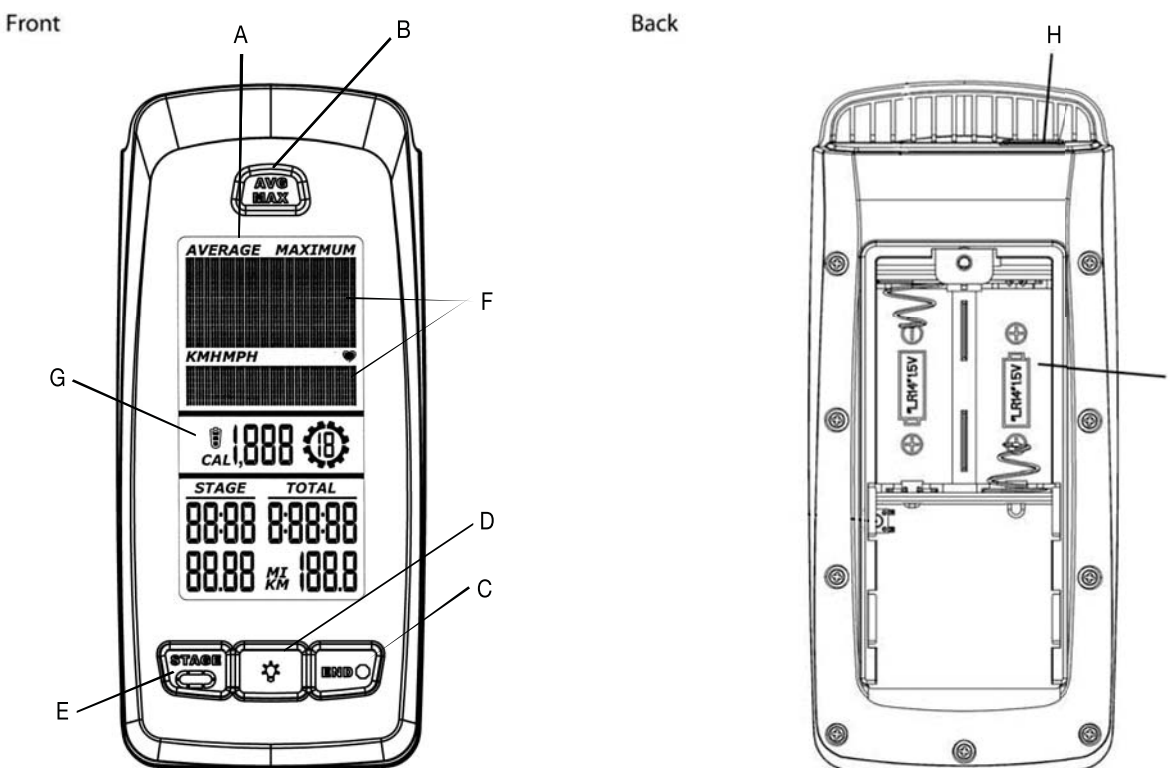
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.
- If you have a pacemaker or other implanted electronic device, consult your doctor before using a wireless chest strap or other telemetric heart rate monitor.
- Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.
- Read and understand the complete Owner's Manual supplied with the machine before first use. Keep the Owner's Manual for future reference.

FCC Compliance

Please note that the changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide a reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: --Reorient or relocate the receiving antenna. --Increase the separation between the equipment and receiver. --Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. --Consult the dealer or an experienced radio/TV technician for help.

Features



A	Backlit LCD Display	F	Coaching Quadrant
B	AVG/MAX Button	G	Battery Level
C	END Button	H	USB Port
D	Backlight Button	I	Battery Bay
E	STAGE Button		

Backlit LCD Display

During the workout, the multi-finction, backlit LCD shows your workout measurements, results, user setup data and console diagnostics.

To turn on the backlight, push the Backlight button. The backlight turns off after 5 seconds to conserve the batteries. This backlight setting can be adjusted in the Service Menu.

Heart Rate Monitor

The console receives heart rate data from the heart rate monitor (HRM) to calculate workout data, such as the Heart Rate or Calories burned.

The console can read heart rate data from an Ant+Sport 2.4GHz or Polar® compatible 5kHz wireless chest strap.

Ant+ Sport 2.4GHz Wireless

The Ant+ Sport 2.4GHz Wireless Heart Rate Monitor (HRM) sends heart rate data to the console after proximity linking occurs during User Setup. The console can read the HRM data to a distance of 118" (3 m) during Workout Mode.

If you have a paired Ant+ Sport Watch and Ant+ HRM, the console links with the sport watch and reads the heart rate data from it.

Standard EM 5kHz Pulse

The console uses the EM (electromagnetic) 5kHz pulse wireless protocol to read heart rate data from standard heart rate monitors (HRMs), such as a Polar® transmitter chest strap.

Workout Data Storage

The console sends workout data to the user's data storage device—for example, a USB flash memory device or a sport watch. The console can also get user data from an Ant+ sport watch and use the data to calculate workout results.

Ant+ Sport Watch for Data Storage

The Ant+ Sport Watch shares user data with the console after proximity linking occurs during User Setup. In User Setup Mode the Ant+ Sport watch sends data (including user weight) to the console. During Workout Mode the console sends workout data to the Ant+ Sport Watch. When proximity linking is complete, the watch and console can send and read data up to 118" (3 m).

USB Interface / Data Storage

The console can save workout data to a USB data storage device. You can connect the USB storage device to the console during User Setup or after the workout ends.

During Workout Mode the console sends workout data to the USB device:

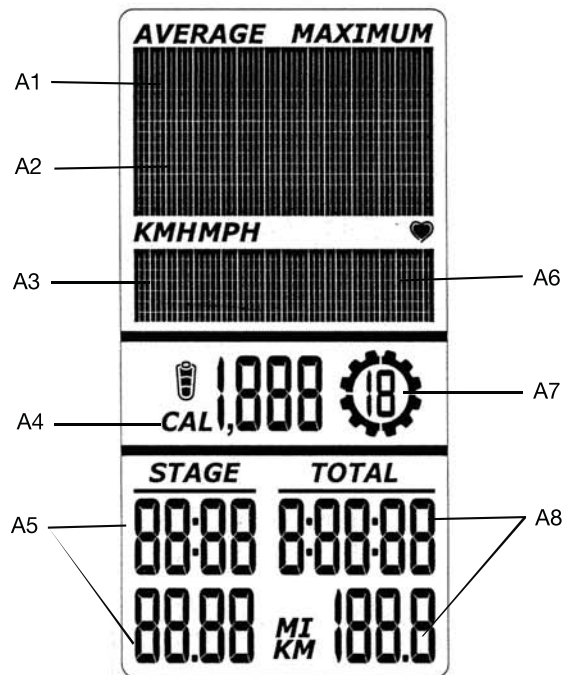
- Workout (total) — Time, Distance, Calories and average and maximum Speed, Watts, HR and RPM.
- Workout Stages — Time, Distance, Speed, Watts, HR and RPM.

If you connect the USB device after the workout ends, the console only sends the Total Summary data to the USB device.

Workout Data is stored as a .csv file with the name MPOWERXX.csv. XX is the two-digit number from 1 to 99, the console will automatically save using the next available number on the USB device if files are already present.

The USB port also gives access to update the console firmware by a Service Technician.

LCD Display Data



A1	WATTS (Power)	A5	STAGE Time and Distance
A2	RPM (Cadence)	A6	Heart Rate
A3	KMH / MPH (Speed)	A7	Gear Indicator
A4	KCAL (Calories)	A8	TOTAL Time and Distance

Note: To change the measurement units to English Imperial or metric, refer to the User Setup section of this manual.

Coaching Quadrant

Speed

The Speed display field shows the estimated speed of the bike in kilometers per hour (KM/H) or miles per hour (MPH). The calculated speed is based on wattage output.

Watts

The WATTS display field shows the power that you are producing at the current resistance level (1 horsepower = 746 watts).


WATTS data only shows if there is a power sensor installed on the bike.

Heart Rate

The Heart Rate display field shows the heart rate in beats per minute (BPM) from the heart rate monitor (HRM). The heart icon flashes when the console receiver senses the HRM signal. If the console receiver does not sense the HRM, the center of the heart icon is displayed as a solid heart.

If the console receiver senses an Ant+ HRM signal, there is an outline around the heart icon. The outline does not flash. If the HRM signal is a standard EM 5kHz pulse signal, there is not an outline around the icon.

Note: the receiver must sense an HRM signal within 30 seconds of starting a workout, otherwise it will stop searching for a signal.

 Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again. Use the values calculated or measured by the machine's computer for reference purposes only.

RPM

The RPM display field shows the current pedal revolutions per minute (RPM).

Calories

The Calories display field shows the estimated calories that you have burned during the exercise.

To display calories, you need a HRM or a Power Sensor.

Workout Stage

The STAGE display field shows the time and distance in the current Stage of the workout. The display values start at zero and count forward until the end of the Stage.

Gear

The gear display field shows a number from 1-19 indicating resistance level.

Workout Totals

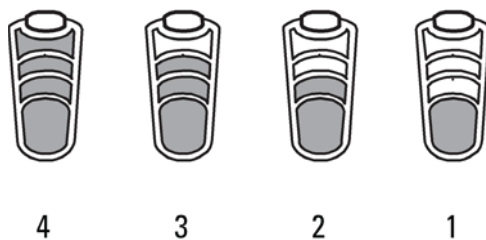
The TOTAL display field shows the total time and distance for the entire workout period.

Keypad

The multi-function keypad lets you set the console measurements for your workout, see and update your workout data, and examine the console diagnostic messages. Tap any button to activate the console from Sleep Mode. The Operations section of this manual gives the procedures for using the buttons in each Operations mode. The Backlight button sets your selections in User Setup Mode and Service Mode.

Battery Level

The Battery Level icon shows the battery level for the console. All four segments of the icon are on when the battery level is high. When the battery level is low, only the bottom segment is on. The bottom segment flashes when battery level is very low.



If the battery level is too low to continue operation, the console display flashes the message "LO batt" and the console goes into Sleep Mode. If this occurs during a workout, the workout stops and the console display shows the workout results for 10 seconds. Then the "LO batt" message displays and the console goes into Sleep Mode.

Bike Sensor Data

The console receives data from the bike's sensors and uses the data to calculate workout results.

RPM Sensor

The Schwinn® MPower™ Echelon Console comes with a RPM sensor for the bike. This sensor transmits data from the flywheel to the power sensor and the console.

Power (Watts) Sensor

The MPower™ Power sensor is an optional upgrade for a Schwinn A.C.™ bike with a Schwinn® MPower™ Echelon Console. The power sensor calculates rider Power (Watts) production from the brake resistance mechanism.

To install the power sensor, refer to the Schwinn® MPower™ Echelon Power Upgrade Installation Guide.

Operations

Sleep Mode

The console automatically goes into Sleep Mode to conserve the battery:

- If there is no activity for 45 seconds after User Setup.
- After Display Results.
- If Workout Mode pauses and there is no activity for 5 minutes.

Push any button to switch from Sleep Mode to User Setup Mode.

User Setup Mode

In User Setup Mode the console collects user data to calculate and record workout data. Proximity linking to the user's HRM or Ant+ watch also occurs while in User Setup.

Use the appropriate instruction for your monitoring equipment.

- USB storage device—install the device in the USB port.
- Ant+ watch—link to the console. Move the watch to 2–4" (5–10 cm) or less from the Ant+ Link Here icon on the console and hold it there until proximity linking is complete.



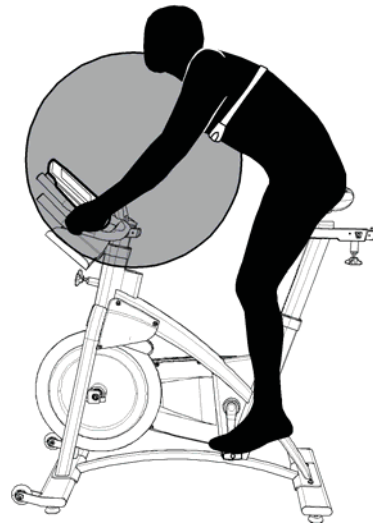
- Ant+ HRM—link to the console. Lean into the console so that the HRM is 7.5–31" (20–80 cm) from the Ant+ Link Here logo, until a value is displayed.

Note: If you have an Ant+ Sport Watch and paired Ant+ HRM, it is only necessary for the console to link with the sport watch. However, if you have an Ant+ Sport Watch and EM 5kHz HRM, the console links to the watch and the HRM.

Ant+
Watch



HRM



Display Results Mode

To stop the workout and go to Display Results Mode, push the END button and hold it for 3 seconds or longer. The console shows total Calories, total time and distance, and the Max and Average values for Speed, Watts, Heart Rate and RPM. The Max values show first for 5 seconds. Tap the AVG/MAX button to change between the Max and Average values. After 1 minute, the console sets the values back to zero and goes into Sleep Mode.

Push the END button and hold for 3 seconds to exit Display Results Mode and go to Sleep Mode.

Workout Mode

To access Workout Mode, increase cadence RPM to 80 or more. The Workout STAGE and TOTAL icons come on and the workout measurements start.

When the Cadence decreases to less than 5 RPM for 3 seconds or more, the console pauses and the LCD Display shows the last workout data values. If you stay paused for more than 5 minutes, the workout stops and the console goes to Display Results mode.

To set the STAGE time and STAGE distance back to zero for a new stage in the workout, tap the STAGE button. The TOTAL time and TOTAL distance continue the total measurement for the workout.

At any time while in Workout Mode, access Maximum and Average values by pressing AVG/MAX button. One press will display Average values, a second press will display Maximum values. Display will return to workout values after 3 seconds, or with a third push.

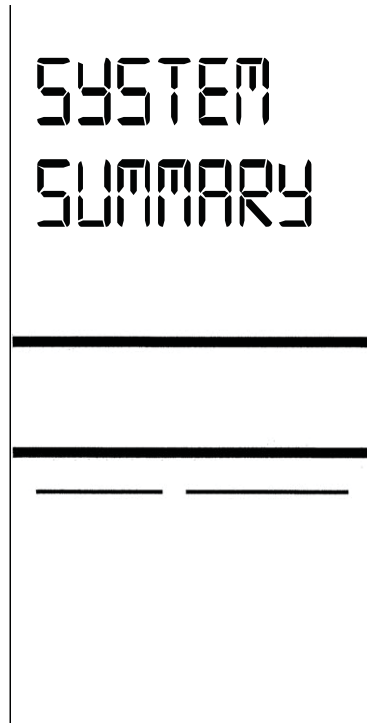
To end the workout, push the END button and hold for 3 seconds. The console goes to Display Results mode.

Service Mode

The Service Mode menu lets Service Technicians set the bike configurations, see maintenance data, do calibrations and upgrade the console firmware. Access to Service Mode is available when the console is in User Setup Mode.

Note: you cannot access Service Mode from Workout Mode.

- To go to Service Mode, push the STAGE and END buttons for 5 seconds
- To scroll through the Service Mode menu and sub menu options, tap the END or STAGE button
- To make selections and go to submenu options, push the Backlight button
- To exit Service Mode, tap the STAGE or END button until you see the EXIT option, then push the Backlight button.



Gear

This option sets the GEAR function to ON or OFF.

Units (English/Metric)

Set the Unit Measures for speed and distance to KMH or MPH.

Calibrate

This option allows calibration of the power sensor, turns on/off rider calibration option, and allows view of current angle being reported by the power sensor.

Calibration Options:

- UP - Calibrates Power Sensor
- Rider - Turns rider calibration feature ON or OFF
- Current Angle - Allows user to see current angle being reported by Power Sensor
- Exit - Return to main manu

Batteries

Estimated percentage of battery life remaining in the batteries.

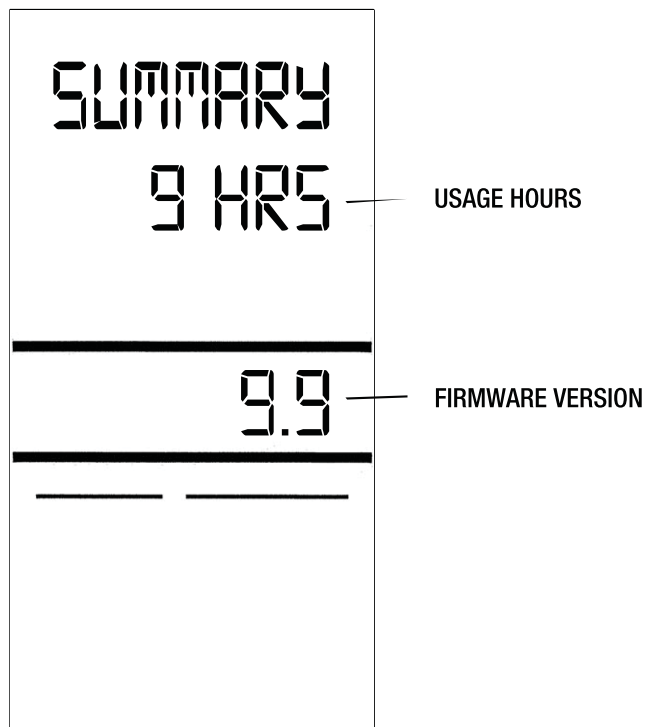
System

This option lets you inspect maintenance data in the console and adjust settings options:

- Summary—Console setup summary
- Reset—Console “Reset” function for technician to update the firmware.
- Active RPM—Active speed option lets you change the 80 RPM threshold (default value) for the console to start Workout Mode.
- Backlight—Backlight options

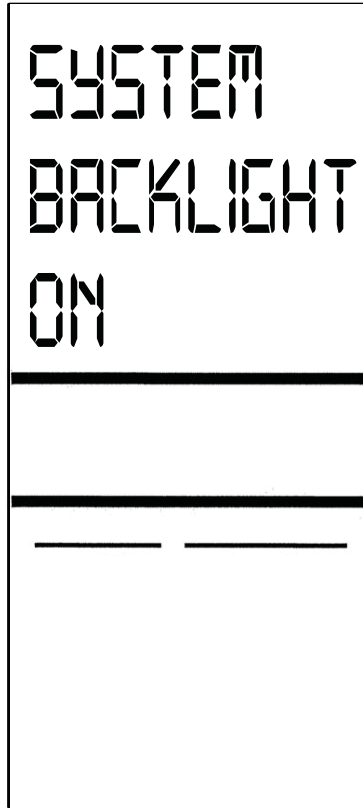
Summary

Displays usage hours and console firmware version.



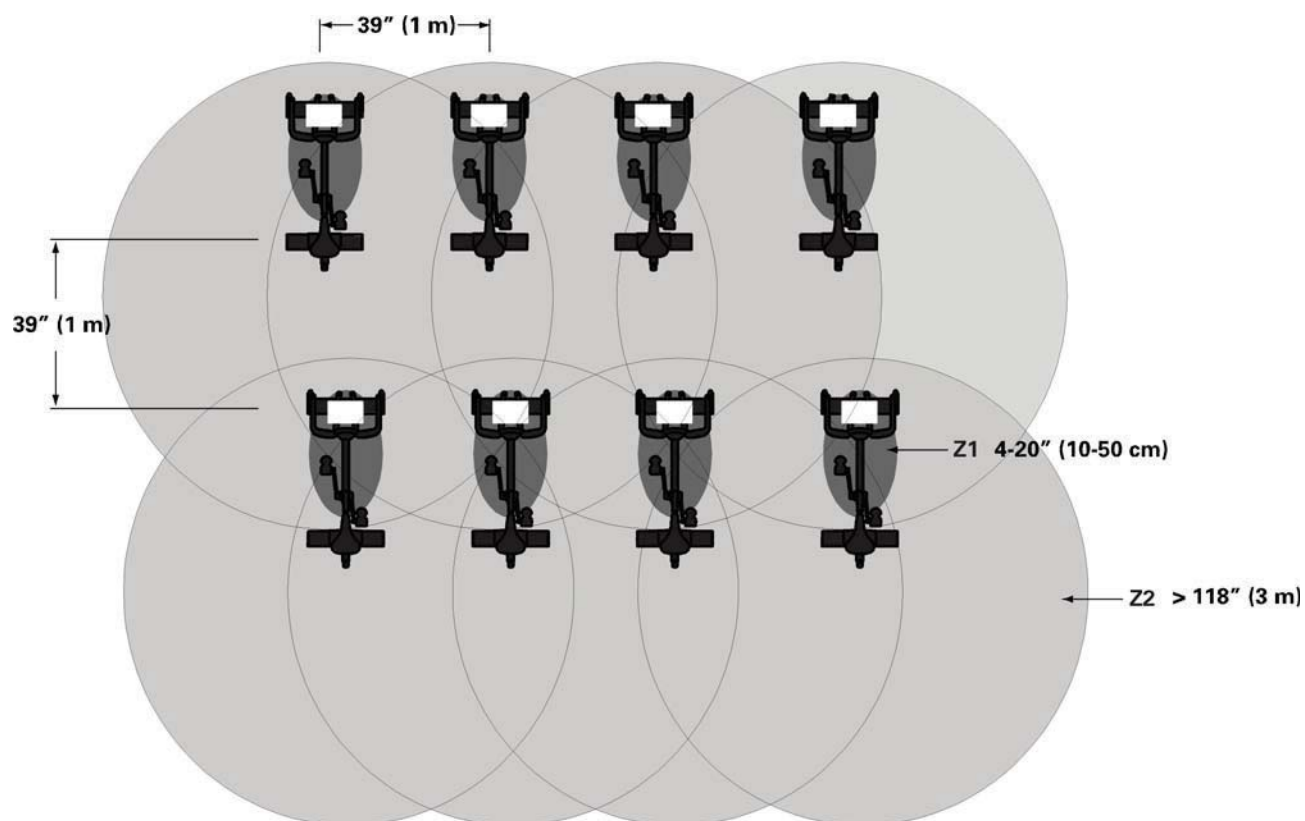
Backlight

Allows changes to Backlight functions.



- Timer:** Sets the operation so that you must push the Backlight button to turn on the backlight. The length of time the backlight stays on can be adjusted from 1 - 20 seconds.
- ON:** Sets the operation so that the backlight comes on and stays on when the console is on.

IC Class Setup



Z1	The proximity linking zone for the console and the HRM and Ant+ Sport Watch and HRM.
Z2	The tracking zone for the console to sense the HRM and Ant+ Sport watch after proximity linking is complete.

Note: The tracking zone for an EM 5kHz HRM is approximately 28" (70 cm).

Maintenance



Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.



This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our Web site.



Before each use, inspect the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition; repair or replace all parts at the first sign of wear or damage. After each use, use a damp cloth to wipe your equipment and computer free of sweat.

Important: To avoid damaging the finish on your bike and console, never use a petroleum-based solvent when cleaning. Avoid getting excessive moisture on the console.

Replace the batteries as necessary

- Console — (2) C batteries (LR14)

Replacing the Console Batteries

If you need to replace the batteries in the console:

- Remove the screw that attaches the end of the console bracket to the back of the console.
- Unplug the cable from the back of the console
- Move the console up along the console bracket to open the battery bay.
- Remove the old batteries.
- Put the new batteries in the console. Make sure that they point in the correct direction (+ and -).
- Move the console down the console bracket to close the battery bay.
- Plug the cable back into the console
- Attach the console to the console bracket with the screw.

Troubleshooting

Condition/Problem	Check	Solution
Console does not come on	No batteries or dead batteries	Replace batteries.
Speed display is not accurate	Display set to wrong unit of measure. (English/Metric)	Go to Service Mode menu and change the Units configuration.
Watt display is not accurate	Range of Watt values	Go to Service Mode menu and select Calibration. Do the calibration procedure. Ensure brake is completely up when calibrated.
No RPM display	RPM Sensor	Make sure that the sensor is close enough to the flywheel so it can sense the magnet.
No Watt display	Power Sensor	Ensure RPM sensor working - Watts will not be displayed if RPMs are not picked up.
No Heart Rate display while using chest strap	Transmitter contact with skin	Moisten skin contact area on the chest strap. Ensure you lean close to the console during User Setup to get a connection.
	Electromagnetic interference	Turn off any television, AM radio, microwave, or computer within 6 feet (2 meters) of the bike.
	Chest strap transmitter	Test chest strap with another HRM device such as HR watch or a machine at a gym. If transmitter has good skin contact and still does not send a HR signal, replace chest strap transmitter.
	HR receiver	If chest strap is known to work with other devices and no sources of interference are present, or console is tested with a Pulse Simulator and does not receive the signal, contact StairMaster Customer Care.

Contacts

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